

## Grilled Club Sandwich<sup>10</sup>

Number of Servings: 10 (137.58 g per serving)

Amount	Measure	Ingredient
1 1/4	lb	Beef, bottom round roast, lean, rstd, select, 1/8" trim
10.00	oz	Cheese, mozzarella, low moist, part skim, slice
20.00	pce	Bread, whole grain, slice
20.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

### Nutrients per serving

Nutrition Facts	
Serving Size (138g)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 390mg	16%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 30g	
Vitamin A 2%	Vitamin C 0%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Spread out bread slices and spray with nonstick cooking spray and then turn half the pieces over.

Place 2 oz thinly sliced roast beef and 1 oz mozzarella cheese on 1/2 the bread slices, cover with other slices so the spray is on the outside of each sandwich.

Place sandwich on heated griddle or skillet and brown on each side. Serve hot off the griddle.